



CUCUMBER & AVOCADO SALAD

Final Lifestyle

INGREDIENTS

- 1 medium shallot, thinly sliced crosswise, separated into rings
- 3 TBS fresh lime juice
- 3 TBS extra-virgin olive oil
- 1 TBS thinly sliced fresh mint
- 1 TBS thinly sliced fresh basil
- ½ TSP salt
- 1 English cucumber, thinly sliced
- 1 ripe avocado, halved, pitted and sliced crosswise

INSTRUCTIONS

- Toss shallot rings with lime juice in a large bowl; let stand until softened, about 10 minutes. Whisk in oil, mint, basil and salt. Add cucumber; toss to coat. Let the cucumber marinate in the dressing, tossing occasionally, until softened, about 10 minutes.
- Using a slotted spoon, transfer the cucumber to a platter; top with avocado. Drizzle the dressing over the salad. Serve immediately.

SERVING INFO: (Yields 4 servings)

1 cup = ½ V, 1-1/4 FT*

*Note: If your program calls for a maximum of 1 Fat serving per day, have this salad only occasionally, and make sure that on that day you do not have any other fat—no butter, no mayo, no commercial salad dressing, no oil in cooking (cooking spray OK).

See recipe photo at [Instagram](#) and [Facebook](#).